



Weekly Safety Tip

“Your Connection for Workplace Safety”
Phone: 920-208-7520

We're about service, commitment, results, and accountability!

Our Weekly Safety Tip provides valuable and current safety information relevant for Work, Home & Play.

And, you will be kept current on the latest Safety Compliance issues.



SCI SAFETY NEWS OR TIP



SCI OSHA NEWS OR COMPLIANCE



SCI HEALTHYLIVING and WELLNESS NEWS

We want to hear from you! Send us your feedback and give us ideas for future safety topics.

Let us know how you feel about our new look!

Safety Slogan

Ice and Snow Take it Slow!

James Lehrke-SCI

of the week

SCI Safety Tip: Winter Safety Tips

Source: <http://www.blr.com>, <http://www.nws.noaa.gov>, <http://www.mass.gov/keepwarmkeepsafe>

Are You Prepared for Winter Weather?

Winter weather too often catches people unprepared. Researchers say that 70 percent of the fatalities related to ice and snow occur in automobiles, and about 25 percent of all winter related fatalities are people that are caught off guard, out in the storm. What winter weather preparations are being made in your area, and what are the appropriate steps to take that will ensure your winter weather safety? Help your readers, viewers and listeners make sure their homes and cars are ready for the worst winter has to offer.

Source: <http://www.nws.noaa.gov/om/winter/winter1.shtml>

10 Tips for Safe Winter Driving

Now that winter is in high gear it's a good time to offer your employees a few safe winter driving tips. Helping your workers stay safe shows them you care and promotes loyalty.

Help your workers stay safe with these tips from the Iowa Department of Transportation:

- 1) Do not overestimate your ability in bad driving conditions.
- 2) Slow down. Wear seat belts. Never drink and drive.
- 3) Put extra distance between you and the car in front of you.
- 4) Don't slam on the brakes. The wheels could lock, causing your car to slide.
- 5) If your car starts to slide, turn your wheels in the direction in which it is sliding to straighten it out.
- 6) Drive on interstates and one-way roads, whenever possible.
- 7) Turn on your lights to see and be seen.
- 8) Clear snow and ice off the headlights, tail lights, mirrors, and license plates. Stop the car when necessary to keep the windows clear.
- 9) Be aware that bridges, ramps, and overpasses may freeze first.
- 10) Check the windshield wipers to make sure they are not frozen to the windshield. Consider replacing your original wipers with heavy-duty ones.

If you get stuck in the snow, don't panic. Start by shoveling a path in front and behind the wheels. Spreading sand or strips of carpet helps. You can also try rocking the vehicle by moving forward and backward in rapid succession until free.

OPINION EDITORIAL
2013-4

This winter season, keep warm while keeping safe.

As the days become shorter and the temperatures continue to drop, Massachusetts' residents start to prepare for winter. We will soon fire up our furnaces and fireplaces. Are you ready for it? With its cold and often stormy weather, winter presents many safety challenges — both indoors and out. Being prepared and following simple safety tips can help you stay warm and safe this season.

Heating has long been the second leading cause of residential fires, and heating fires are most common in winter months. It is important not to defer preventive maintenance like having the chimney cleaned or the furnace checked out by a certified professional. It's also important to use heating alternatives like space heaters safely.

Natural gas and fuel oil are both safe and efficient, but remember to get yearly tune-ups. . Efficiently running furnaces cost less to run and less likely to become a source of carbon monoxide in the home. Gas leaks can be poisonous so the gas company adds something to make it smell like rotten eggs. If you suspect a leak, move outdoors and contact the local fire department immediately. Nearly all homes are required to have both smoke and carbon monoxide alarms. If one goes off, go outside immediately and call the fire department.

If you heat your home by burning solid fuels such as coal, firewood, or pellets, be careful before, during and after using these kinds of fuels. Have the chimney annually cleaned by a certified professional who can also check for cracked and broken mortar. Dispose of the ashes in a metal container, with a secure lid, away from the house. A single ember can stay hot for days without being detected and easily fanned back to life. Do not place ashes in cardboard boxes or plastic containers, inside the garage, the breezeway, or under the porch.

Tragedy frequently strikes in winter months where many fire deaths are caused by heating. No one wants to be a statistic; but the fact is space heater fires are often deadly. Space heaters need space. You should keep space heaters three feet from anything flammable, such as furniture, bedding or newspapers. Make sure to use only heavy-duty extension cords, better yet, no extension cord at all. Be sure to turn them off when leaving the room or going to sleep.

If you ever have a question about home heating, contact your local fire department or visit our web site, <http://www.mass.gov/keepwarmkeepsafe>. By working together we can keep warm and keep safe.

SCI OSHA News: OSHA Extends Comment Period on Silica Standard; Critics Voice Opposition

Source: www.blr.com

Date: October 30, 2013

OSHA has extended the comment period for proposed rulemaking on silica by nearly 50 days. The original deadline to submit written comments and testimony has been changed from December 11, 2013 to January 27, 2014.

OSHA is also extending the deadline to submit notices of intention to appear at public hearings scheduled to begin on March 18, 2014. While initially the deadline was November 12, anyone who wishes to appear at a hearing now has until

December 12 to submit the required notice. OSHA administrator Dr. David Michaels said the comment period is being extended to ensure that OSHA hears from all who wish to voice their views.

He added, "We especially hope to hear from employers, workers, and public health professionals who have experience in successfully protecting workers from silica-related diseases."

Some industry groups opposed

Among those requesting an extension of the deadline was the newly formed *Construction Industry Safety Coalition*. It is made up of industry trade groups that oppose OSHA's silica proposal. Members include the Associated Builders and Contractors (ABC), Associated General Contractors (AGC), and National Association of Home Builders (NAHB), among other trade groups and unions.

A major concern is the cost of compliance. The groups cite independent studies that estimate compliance with similar provisions to cost more than \$1 billion per year. The coalition has urged OSHA to offer alternatives for compliance that address cost and consistency with other regulations and do not overly burden small businesses.

OSHA's own estimates claim that a small business in general industry could expect compliance with the proposed standard to cost approximately \$2,600 per year. For construction, the agency estimates that compliance will cost employers approximately \$1,000 per year. Furthermore, OSHA estimates that the proposed rule would provide net benefits ranging from \$2.8 billion to \$4.7 billion annually over the next 60 years.

Commented ABC vice president of government affairs Geoff Burr, "OSHA still has not explained how a lowered PEL will be effective at reducing the number of silica-related illnesses, particularly when the agency has admitted its failure to properly enforce the existing standard."

Other opponents have pointed out that the rule favors one-size-fits-all measures that contradict existing safety and quality assurance practices. The National Association of Home Builders notes, for example, that spraying water to reduce dust (a recommended practice) may be practical in some construction projects, but doing this inside a home while cutting granite counters could cause mold. Spraying water while cutting roof shingles in cold weather could cause ice to form on the roof, placing workers in danger.

OSHA, however, states on its website that the silica standard is intended to allow employers flexibility in selecting the best control methods for their particular workplaces. An agency fact sheet for small businesses explains that general-industry workplaces can select "any dust control or work practice method—such as water sprays, dust collectors, enclosed cabs on equipment, or prohibiting activities such as dry sweeping—that delivers the necessary protection." Construction workplaces also have options: They can choose to measure silica exposure and independently decide on the most appropriate dust-control measures, or they can use a control method specified in an OSHA table of common construction activities.

OSHA estimates that the proposed rule will save nearly 700 lives and prevent 1,600 new cases of silicosis per year once the full effects of the rule are realized. Additional information on the proposal, including fact sheets and procedures for participating in public hearings, is available at <http://www.OSHA.gov/silica>.

HEALTHY BITES

Quick Tips for Healthy Living

PREVEA
Health & Wellness

Healthy Aging

People in the U.S. are living longer than ever before. Many seniors live active and healthy lives. But there's no getting around one thing: as we age, our bodies and minds change. There are things you can do to stay healthy and active as you age:

- Eat a balanced [diet](#)
- Keep your mind and [body](#) active
- Don't smoke
- Get [regular checkups](#)
- Practice safety habits

NIH: National Institute on Aging



What do you think?
Send us an email at:
jlconnections@aol.com
See our bold new look @
<http://www.safetyconnections.com/>

In Loving
Memory of Jessica Lehrke